

WELCOME TO THE ART & SCIENCE OF ACUPUNCTURE FOR BEAUTY

At Energy Matters, you don't have to choose between health and beauty. Our treatments enhance your health and well-being while bringing out your innate beauty and radiance.

Typical Results:

AFR & Facelift Acupuncture

- Better facial color
- Tightened pores
- Increased collagen production
- Brighter eyes
- Fine lines eliminated and larger wrinkles diminished

Additional Benefits of Facelift Acupuncture

- Bags under the eyes reduced or eliminated
- Decreased tendency towards sagging and jowls
- Double chins reduced or eliminated
- Less eyelid droop

Please read through the contents of this packet so you can get the most out of your treatments, as well as learn ways you can enhance and maintain the benefits.

TREATMENT DAYS - AFR & FACELIFT:

- Best to avoid caffeine and alcohol on treatment days.
- Remove makeup before treatment.
- Remove contact lenses.
- Use the restroom before your treatment begins (the sessions are long!)

Cancellation/No Show/Arriving Late Policies

We require advanced notice for appointment changes and/or cancellations:

- 48 hours or more for AFR appointments
- 72 hours or more for Facelift appointments

Appointments canceled or rescheduled with less than 48 or 72 hours notice, respectively are charged:

- \$100 for AFR appointments
- Full fee for Facelift appointments

In addition, if you arrive 15 or more minutes late for your appointment, your treatment likely will need to be abbreviated or canceled, depending on the practitioner's schedule that day. Though we will do our best to work you however if we cannot, this will result in a missed appointment fee.

If You Catch A Cold, Flu...

- **Colds, flu, and other acute illness:** If you are experiencing an acute illness such as a cold, flu, stomach virus, severe allergy attack, cold sore or other herpes outbreak, etc., please contact our office immediately. Depending on the nature of the illness, we will either need to change your appointment to a regular acupuncture treatment to address the acute issue, or, in rare cases, we may need to cancel your appointment. In order to make those changes without incurring a late cancellation fee, you must contact us as soon as possible.

*Why is this such an important issue? When you have an acute illness, your body needs to use its energetic resources to attend to getting better. **Acupuncture for Beauty** treatments utilize your energy for different purposes, and so cannot be done during an acute illness.*

Talk To Your Acupuncturist Regarding The Following:

- **Pregnancy:** Please notify your acupuncturist immediately should you become pregnant.
- **Any significant change in your health status:** If at any point during your treatments you develop a new health issue or experience a recurrence of a previous issue, notify your acupuncturist immediately. There are some conditions for which Facelift Acupuncture is contraindicated, so you need to keep your acupuncturist advised of all health issues.
- **Headaches, Dizziness, rising Blood Pressure, feelings of heat rising to your head:** If you begin experiencing any of these signs or symptoms during the course of your "Facelift" acupuncture series, please inform your acupuncturist right away, in advance of your next scheduled session.

These types of issues require a very different re-directing of energies than what we utilize in our "Facelift" protocol. For this reason, all of these problems are contraindicated for Facelift acupuncture.

If you begin experiencing any of these symptoms during your "Facelift" acupuncture treatment course, you and your acupuncturist may discuss the option of finishing your course using the AFR protocol, with appropriate changes in pricing.

FACELIFT ONLY:

- If you tend to bruise easily, begin the following protocol at least one week (and up to one month) before your first treatment:
 - OPC Synergy: 1 capsule, 3 times a day
 - contact our Front Desk to pick up this formula
 - continue taking throughout the course of treatment
- If you are taking non-prescription blood thinners, including aspirin, Vitamin E and natto kinase, it is recommended that you stop during the course of this treatment.
- If you are getting medical facial work done, please schedule your first treatment with Energy Matters at least 3 weeks after having laser resurfacing, and 2 -4 weeks (depending on the intensity of the treatment) after receiving peels or microdermabrasion.

Managing Bruising

At some point during your treatments you may develop a bruise after a treatment. Here are several options to help the bruise dissipate more quickly:

Managing Bruising (continued)

- Apply an ice pack wrapped in a thin towel to the area of bruising every 2-3 hours for 20 minutes each time for the rest of the day.
- Take Arnica Montana 6c (available at Energy Matters or at most health food stores) internally: 4 pellets, 4x/day until the bruise has resolved.
- Apply T-Relief (available at Energy Matters or most health food stores) or other type of arnica cream on the site of bruising every 1-2 hours for the remainder of the day; then 4-6 times a day until the bruise is resolved.
- Do moxibustion treatment at home, twice a day for 15 minutes until resolved; your acupuncturist can teach you how to do this.

TYPICAL COURSES OF TREATMENT

Acupuncture Facial Rejuvenation

The course of treatment may vary depending upon the patient's constitution and concerns.

Typically, the initial course consists of 6 to 12 weekly treatments depending on the concerns. After that, a maintenance schedule is recommended – from monthly to weekly, depending on each patient's response and goals.

Facelift Acupuncture

Most patients who opt for **Facelift Acupuncture** do so because they have particular concerns they want to work on, such as sagging, jowls, lines, etc. Some people see differences after just one treatment. We usually will see more dramatic and lasting effects after about 7 treatments. For this work to be most effective, a course of 12 treatments is recommended over a period of 9 or 12 weeks.

After the initial course of treatments, monthly maintenance Facelift Acupuncture treatments are recommended to protect your investment. For further benefit, it is best to schedule one or more Acupuncture Facial Rejuvenation treatments in between your monthly Facelift Acupuncture treatments if possible.

Follow-up intensive treatment courses may be helpful in 2 – 5 years, depending on your results, age, and lifestyle choices.

Lifestyle choices have a great influence on maintaining results, so please reference the following Self Care Handouts during and after your initial course of treatment:

- *Ways To Enhance And Maintain Your Acupuncture for Beauty Results*
- *Beauty Tips From Japanese Grandmothers*
- *Daily Facial Self-Massage Protocol*

WAYS TO ENHANCE AND MAINTAIN YOUR ACUPUNCTURE FOR BEAUTY RESULTS

1. **Practitioner Recommendations:** Because **Acupuncture for Beauty** is about beauty from the inside out, your acupuncturist will be assessing your overall state of health and wellbeing, and will make recommendations to address your specific energetic imbalances. These recommendations may include: foods to include or avoid in your diet; herbal medicine or nutritional supplementation, stress reduction techniques and/or other suggestions to address your specific energetic imbalances. The more you are able to incorporate these suggestions, the better your results will be.
2. **Hydration:** Staying well hydrated is an important key to beautiful skin, as well as the health of your entire body. Maintain a generous intake of water and herbal tea daily, while minimizing or eliminating caffeine, soda and alcohol consumption.
3. **Jadience Skin Care Products:** What types of products are you using on your face? Are they natural, enhancing the health of your skin and body, or are they full of toxins and artificial ingredients? At Energy Matters, we carry an all-natural line of skin care products based on thousands of years of experience with Chinese medicinal herbs. Our patients love how these products make their skin look and feel. We love them because we know that everything you put on your skin ends up in your body. With these products, you get a small dose of longevity and health supporting herbal medicine directly onto your skin every time you use the products. Talk with your acupuncturist about which products may be most suitable for you.
4. **Regenaplex:** you and your practitioner may also consider nutritional supplementation to increase results and promote skin health. Regenaplex is a food-based formula designed specifically to enhance Acupuncture for Beauty treatments by supporting skin elasticity and radiance, and helping to diminish fine lines.
5. **Emotions:** Lines and other changes on the face often show up due to chronic or habitual facial expressions (it's true what your mother said about your face freezing that way). Continuing to engage in those habitual expressions can more quickly undo the progress you make in treatment. Awareness of your expressions – and more importantly, attending to the emotions that may underlie these expressions internally – will help maintain a smooth and peaceful appearance externally.
6. **Self-Massage:** see the handout on a daily facial self-massage protocol that benefits both your health and beauty. You can discuss questions you have with your acupuncturist.